



HealthyBodyHealthyLife  
with *Melissa Koerner*

## May 2022 Meal Planner

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HealthyBodyHealthyLife.com

Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



# Welcome to the May 2022 Meal Planner

In this document you'll find everything you need to create a healthy, simple and delicious meal plan for yourself and your family for the next month.

- On page 5 you'll find tips for prepping your meals each week.
- On page 6 you'll learn why it's so important to buy organic and some tips for food shopping.
- On page 7 you'll find a recipe for the Morning Cleansing Drink. This recipe is optional, but highly recommended
- On pages 8 - 19 you'll find all of your breakfast, lunch and dinner recipes and the salad dressing of the month.
- On page 20 you'll find "Create Your Shopping List" to make your weekly grocery shopping list.

## Live Coaching Calls

As part of your Healthy Body Healthy Life Membership, you get exclusive access to live coaching calls with me. This is your opportunity to ask questions and get going guidance, support and accountability setting weekly goals and action steps.

Our calls are on Thursdays at 6pm Eastern. All calls are recorded and uploaded to the HBHL Member Area, so you can listen to the recordings at your convenience.



# How to Use the Monthly Meal Planner

**It is important to note that your monthly meal planner is NOT meant to be followed strictly like a “diet.” In other words, you are not restricted to eat *only* what’s outlined in the meal plans.**

Your monthly meal planner is designed to teach you how to make eating clean a lifestyle by slowly incorporating healthy recipes in your weekly meals - that’s why I only give you a few new recipes to rotate each month and not a new recipe to try every day! *You* get to decide how many of the suggested meals you want to make each week.

You have the flexibility to mix and match recipes from this month’s plan, previous months and upcoming months to plan out your weekly meals. The meals are also meant to be interchangeable. So, for example, you can make lunch recipes for dinner, breakfast recipes for lunch, dinner recipes for lunch etc.

I’ve deliberately created the meal planner to have a mix of plant-based and paleo recipes, so there’s something for every Metabolic Nutritional Type.

You’ll notice that none of the meals contain “sabotaging foods” like alcohol, sugar, processed dairy, soy and starches like corn, white potatoes, gluten-containing grains, and beans. These foods are not only common food allergens, but they also convert to sugar in the body contributing to *glycemic stress*, a condition that in the short-term, leads to constant carb/sugar cravings and munchies, emotional eating, nighttime snacking, fatigue, imbalanced hormones and an expanding waistline just to name a few. And in the long-term, eating too many sabotaging foods can lead to more serious health problems like *insulin resistance*, *diabetes*, and *obesity*.

These recipes are designed to help you maintain balanced blood sugar levels and reduce *chronic inflammation*. If you choose to eat any of the “sabotaging foods,” I suggest that you include them in the 20% of the “80/20 Rule.” You’ll notice that all of the recipes in the monthly meal plans are foods that would be included in the 80% category.





# Tips for Weekly Meal Prep

There's a great saying: "If you fail to plan, you can plan to fail!" And this is especially true when it comes to maintaining healthy eating habits. The better you get at taking the time to prepare your meals each week, the more consistent you'll be at making better food choices because you'll develop the habit of always having healthy foods available.

There are a few ways you can approach using the meal planner. As I mentioned above, you get to decide how many healthy meals you're going to make and incorporate into your weekly plan. You can make one new recipe per week or make all of them—it's completely up to you!

Here are some tips for meal planning:

- **You can cook selected meals a few days per week or you can choose *one day each week to prepare all of your meals.*** This will take some time up front, but will save you the time and energy of having to think about the rest of the week (this is what I personally do.) In a little over an hour you can have an entire weeks worth of food ready to go! Once you develop the weekly habit of planning ahead and prepping your meals it alleviates a lot of the stress that comes with cooking. You'll also find that you make better food choices.
- **If prepping all of your meals in one sitting feels stressful, start by choosing one to four recipes to make each week.** Remember, the goal here is to slowly incorporate "clean" eating in your weekly meals. (One to four healthy meals per week is far better than none at all.)
- **If you don't have them already, I suggest buying Pyrex glass storage containers and baking dishes.** These are great because they come with covers, so you don't have to worry about using toxic plastic and aluminum wraps. Plus the covers make them easy to stack and the glass makes it easy to see exactly what's in the container and how much you have left to eat.
- **Most of the lunch and dinner recipes make more than one serving, so depending on how many people are eating, you may have leftovers.** If you have leftovers for more than four days, be sure to freeze them for the following week. You can also double some of the recipes as needed.
- **Feel free to be creative and substitute your own spices, vegetables and proteins to the recipes.** And if you have some ingredient substitutions or quick meal prep ideas please share them in the HBHL Support Community. We're all here to connect, share tips and exchange ideas. By the way, I LOVE it when you post pictures of the recipes you make! ☺



# Why Buy Organic?

There's *no doubt* that healthy food is our best form of fuel and medicine. And to make sure that you're avoiding unnecessary and harmful toxins used to produce most conventional foods, buy local, organic foods as much as possible.

Here's some of the benefits of organic foods:

- Organic produce is grown without toxic pesticides, herbicides, fungicides, fertilizers and other harmful chemicals.
- Organic meats, poultry and eggs are produced without the use of hormones and antibiotics.
- Organic foods cannot intentionally contain GMOs.
- Organic foods are not irradiated.
- Organic foods are produced in ways that support a healthy environment.
- Organic foods have higher levels of cancer-protecting antioxidants.
- Organic foods are superior in protein quality.
- Organic foods are four times more nutritious than non-organic foods—people who eat organically on average eat about  $\frac{1}{3}$  less.
- Switching to organic foods has shown to alleviate health problems like rheumatism, dental carries, colds/infection, allergies and heart problems.

## Shopping Tips

- Buy foods that have the USDA certified organic label. This label ensures the food producer followed the strict guidelines outlined by the USDA's certification program. Some local farms may be producing foods organically, but they may not be able to afford the certification. Ask your local farmers questions about their practices. Most of them are more than happy to tell you.
- A quick way to identify organic produce is to look at the PLU sticker code. Organic fruits and vegetables start with the number 9.
- You can buy organic foods at local farmers' markets, local food shares, local food coops, local natural food stores and even online.



## Remember, You Vote with Your Wallet

Together, we have tremendous influence on improving the quality of the food available—every time we buy food we are voting with our dollars. If we all buy organic foods over conventional foods, we are creating the demand needed to make the government, big food manufacturers and chemical companies raise their standards and provide the highest quality foods for us. And when we buy organic, we are not only doing ourselves, and our loved ones a favor, but we're also helping to improve the environment. (See your Clean Eating Success Guide for tips on how to prioritize and budget buying organic food.)



# Morning Cleansing Drink

I drink this beverage first thing *every* morning before I eat. I highly recommend that you make it a part of your daily ritual too. This recipe helps detoxify the body, regulate digestion and boost the immune system.

**It's important that you drink the cleansing drink on an *empty* stomach right after you get up and that you wait 45-60 minutes before you eat your first meal.**

## Ingredients (serves 1)

12 ounces filtered water  
1 tbsp. bentonite clay water (here's a recommended brand: <http://amzn.to/21m2UyR>)  
1-3 tsp psyllium husk powder (here's a recommended brand: <http://amzn.to/21m30Gx>)  
1 tsp. unpasteurized apple cider vinegar (here's a recommended brand: <http://amzn.to/1MXc6jw>)  
1 tsp. lemon juice  
1/8 tsp. cayenne pepper  
1 scoop Stevia \*optional (here's a recommended brand: <http://amzn.to/1MXbUAJ>)

## Directions:

1. Fill glass with 12 ounces of water.
2. Add remaining ingredients and mix well. Drink *immediately*.



**\*IMPORTANT:** Psyllium is a pure dietary fiber that helps support healthy bowel movements. When added to water, psyllium swells and makes the drink thicken to a gel-like consistency. It's very important that you drink a minimum of 12 ounces of water with each serving and that you drink it *immediately*. Be sure to drink water throughout the rest of the day (ideally 50% of your body weight in ounces.) *If you don't drink adequate amounts of water, the psyllium can have a constipating effect.* It's a good idea to start with smaller amounts and gradually increase over several weeks. Bentonite clay water works like a magnet by grabbing chemicals, heavy metals, herbicides and other unwanted substances and removing them from the body. ***If you are taking medication, are under a doctors' care, and/or have specific medical conditions, consult your doctor before taking psyllium hulls and bentonite clay water.***



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## BREAKFAST RECIPES

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# Apple & Sweet Potato Breakfast Hash

### Ingredients (serves 1-2)

- 1 medium sweet potato, peeled and diced
- 1/4 sweet onion, diced
- 1/2 small apple, diced
- 2-3 tbsp coconut oil, ghee or bacon fat
- 1/2 tsp cinnamon
- Sea salt and pepper to taste

### Directions:

1. In a skillet over medium heat, cook the diced sweet potatoes for 7-10 minutes in coconut oil, salt and pepper.
2. Flip the sweet potatoes once or twice and allow them to brown.
3. Remove the sweet potatoes and set aside.
4. Add diced onions to the skillet and cook in coconut oil, salt and pepper for 3-4 minutes.
5. Add diced sweet potato, apples, cinnamon and a little bit more salt to the skillet, and stir to combine.
6. Cook mixture an additional 2-3 minutes before removing from heat. For added fat and protein, serve with grilled eggs, smoked salmon or sliced avocado. Enjoy!





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## BREAKFAST RECIPES

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# Vanilla Cinnamon Nut Cereal

### Ingredients (serves 2-3)

- 1/4 cup pecans
- 1/4 cup walnuts
- 1/4 cup almonds
- 1/4 cup pumpkin seeds
- 1/4 cup unsweetened coconut flakes
- 1 cup full-fat coconut milk
- Stevia, to taste (here's a recommended brand: <http://amzn.to/1MXbUAJ>)
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon



### Directions:

1. Grind pecans, walnuts, almonds, pumpkin seeds and coconut flakes in a food processor until coarse. (Stop just before it turns into a “powder.”)
2. Add nut mixture to a bowl pour coconut milk over the mixture and stir.
3. Add cinnamon, vanilla, and stevia, and mix well.
4. Top with fresh berries. Enjoy!

Tip: Make nut mixture in large batches ahead of time so you have it ready to make a quick and easy breakfast.





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## BREAKFAST RECIPES

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# Strawberry Banana Smoothie

### Ingredients (serves 1)

1 cup full-fat coconut milk  
1 cup frozen strawberries  
½ banana, frozen  
1 tbsp almond butter or sunflower butter  
Coconut flakes (\*optional topping)  
Stevia, to taste (here's a recommended brand: <http://amzn.to/1MXbUAJ>)



### Directions:

1. Blend all ingredients together until well combined.
2. Garnish with coconut flakes for a fun presentation. Enjoy!



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## BREAKFAST RECIPES

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# Beef, Pepper & Avocado Breakfast Bowl

### Ingredients (serves 2)

3/4 pound ground beef or turkey  
1/2 bell pepper, diced  
1/2 medium onion, diced  
1/2 avocado, diced  
1/2 medium tomato, diced  
1-2 tbsp coconut oil  
1.5 tsp oregano  
1 tsp paprika  
1/2 tsp garlic powder  
1/2 tsp sea salt and pepper, to taste



### Directions:

1. Over medium heat, add coconut oil to skillet. Once melted, add onion, pepper and a dash of salt and pepper to the pan. Cook until vegetables soften, or about 3-4 minutes.
2. Add ground beef and remaining spices to pan and cook until beef is browned. Once cooked, remove mixture from heat and place in a bowl.
3. Add diced avocado and tomato and mix well. Serve with fresh sauerkraut. Enjoy!



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## LUNCH/DINNER RECIPES

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# Spring Lentil Salad

### Ingredients (serves 5)

1 cup dry brown lentils  
1 bay leaf  
2 sprigs fresh thyme  
1 cup finely diced carrots  
1/3 cup finely diced celery  
1/4 cup finely diced red bell pepper  
1/4 cup finely diced red onion  
1/4 cup minced parsley  
1 clove garlic, minced  
5 tbsp lemon juice  
1 tablespoon olive oil  
1 teaspoon kosher salt  
fresh ground black pepper



### Directions:

1. In a medium saucepan combine lentils, bay leaf, and thyme. Add enough water to cover by 1 inch.
2. Bring to boil, reduce heat and simmer uncovered until lentils are tender but not mushy, about 16 to 20 minutes.
3. Drain lentils and discard bay leaf.
4. Place in a large work bowl with carrots, celery, red pepper, red onion, parsley, garlic, lemon juice, olive oil, salt and pepper.
5. Toss to combine and serve chilled or at room temperature. Enjoy!





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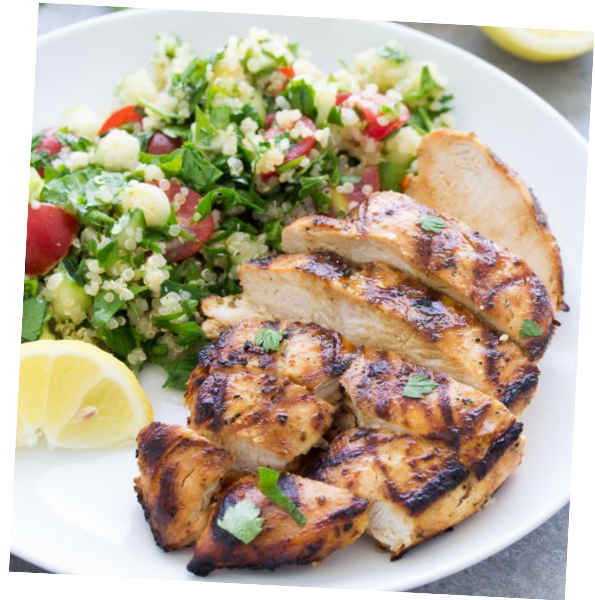
## LUNCH/DINNER RECIPES

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# Easy Grilled Chicken

### Ingredients (serves 6)

- ¼ cup olive oil
- ¼ cup lemon juice
- 3 cloves garlic minced
- 1 teaspoon dried oregano
- ¼ teaspoon chili powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 4 boneless, skinless chicken breasts about 2 pounds



### Directions:

1. Combine olive oil, lemon juice, garlic, oregano, chili powder, salt and pepper in a small bowl. Whisk until well combined.
2. Place chicken breasts in a glass baking dish, and pour half the marinade over the chicken. Flip the chicken and pour the remaining marinade over the chicken. Place chicken in the refrigerator for 30 minutes to 2 hours.
3. Preheat grill to medium high (375-450 degrees F).
4. Remove the chicken from the marinade and discard extra marinade. Grill chicken for 5-8 minutes per side, until cooked through. (The internal temperature of the chicken should reach 165 degrees F). For the best grill marks and juicy chicken, begin cooking the chicken on a hotter part of the grill for a few minutes and then move it to lower heat to finish cooking through.
5. Let chicken rest for 5 minutes before serving. Enjoy!



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## LUNCH/DINNER RECIPES

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# Juicy Burgers with Caramelized Onions

### Ingredients (serves 6)

1 1/2 pounds of lean ground beef {makes six 1/4lb burgers}  
1 teaspoon of salt  
1 teaspoon of pepper  
1 teaspoon of garlic powder  
2 tablespoons of coconut oil  
2 small onions, thinly sliced  
2 tablespoons of balsamic vinegar  
1 beef steak tomato, sliced into 6 thick slices  
1 cup shredded green leaf lettuce  
3 avocados



### Directions:

1. Heat medium skillet to medium high heat.
2. Add 1 tablespoon of coconut oil. Once melted add onions. Sauté until lightly caramelized, stirring occasionally. (10-15 minutes)
3. Add in balsamic vinegar. Sauté for another 5 minutes, stirring occasionally. Set aside.
4. Form six 1/4lb. burgers with ground beef.
5. Lightly season both sides with salt, pepper, and garlic powder.
6. Heat a large skillet to medium-high heat. Add in 1 tablespoon of coconut oil. Place the burgers in the skillet and sauté each side for 3-5 minutes (depending on your desired doneness).
7. Remove from skillet and let sit for 1 minute.
8. To assemble burgers, place 1 large slice of beef steak tomato on a plate, top with a pile of shredded lettuce, the burger, 2 tablespoons of the balsamic caramelized onions, and top with sliced avocado. Serve with gluten-free mustard. Enjoy!



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## LUNCH/DINNER RECIPES

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# Spring Vegetable Soup

### Ingredients (servings 4)

2 tablespoons olive oil  
2 medium carrots, diced (about 1 cup)  
1 large leek, trimmed and diced (about 2 cups)  
1 celery stalk, diced (about 2/3 cup)  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
2 garlic cloves, minced  
5 cups unsalted chicken stock  
3 parsnips, sliced  
1 cup frozen green peas  
1 cup (1 1/2-inch) slices asparagus  
1 (15-ounce) can unsalted cannellini beans, rinsed and drained  
2 cups fresh baby spinach  
1 teaspoon fresh thyme  
1/4 cup torn fresh basil  
1/2-ounce Parmesan cheese, shaved \*Optional



### Directions:

1. Heat a large saucepan over medium heat. Add oil; swirl to coat. Add carrots, parsnips, leek, and celery; cook 5 minutes, stirring occasionally. Add salt, pepper, and garlic; cook 1 minute, stirring frequently. Add stock; bring to a simmer over medium-high heat.
2. Reduce heat to medium. Add peas, asparagus, and beans; simmer 4 minutes or until vegetables are crisp-tender. Add spinach, thyme, and basil; cook 1 minute. Ladle soup into bowls; top evenly with cheese. Enjoy!



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## LUNCH/DINNER RECIPES

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# Chicken and Veggie Bake

### Ingredients (servings 2)

- 2 medium chicken breasts, chopped
- 1 cup bell pepper, chopped (any colors you like)
- 1/2 onion, chopped
- 1 zucchini, chopped
- 1 cup broccoli florets
- 1/2 cup tomatoes chopped or plum/grape
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon Italian seasoning
- 1/4 teaspoon paprika \*optional



### Directions:

1. Preheat oven to 500 degree F.
2. Chop all the veggies into large pieces. In another cutting board chop the chicken into cubes. Place the chicken and veggies in a medium roasting dish or sheet pan. Add the olive oil, salt and pepper, Italian seasoning, and paprika. Toss to combine.
3. Bake for 15 minutes or until the veggies are charred and chicken is cooked. Enjoy!





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## LUNCH/DINNER RECIPES

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# Spring Quinoa Salad

### Ingredients (serves 4-6)

1 cup uncooked quinoa, rinsed in a fine-mesh colander  
2 cups water  
1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas  
1 medium cucumber, chopped  
1 medium red bell pepper, chopped  
¾ cup red onion, chopped  
1 cup flat-leaf parsley (from 1 large bunch), finely chopped  
¼ cup olive oil  
¼ cup lemon juice (from 2 to 3 lemons)  
1 tablespoon red wine vinegar  
2 cloves garlic, pressed or minced  
½ teaspoon fine sea salt  
Freshly ground black pepper, to taste



### Directions:

1. To cook the quinoa: Combine the rinsed quinoa and the water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.
2. In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion and parsley. Set aside.
3. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.
4. Once the quinoa is mostly cool, add it to the serving bowl, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper, to taste, and add an extra pinch of salt if necessary. For best flavor, let the salad rest for 5 to 10 minutes before serving.
5. This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature. Enjoy!



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## LUNCH/DINNER RECIPES

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# Grilled Vegetable Medley

### Ingredients (Serves 6)

- 1/4 cup olive oil
- 2 tablespoons raw honey
- 4 teaspoons balsamic vinegar
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/8 teaspoon pepper
- Sea salt, to taste
- 1 pound fresh asparagus, trimmed
- 3 small carrots, cut in half lengthwise
- 1 large sweet red pepper, cut into 1-inch strips
- 1 medium yellow summer squash, cut into 1/2-inch slices
- 1 medium red onion, cut into wedges



### Directions:

1. In a small bowl, whisk the first seven ingredients. Place 3 tablespoons marinade in a large glass baking dish. Add vegetables and turn to coat. Cover and marinate 1-1/2 hours at room temperature.
2. Transfer vegetables to a grilling grid; place grid on grill rack. Grill vegetables, covered, over medium heat 8-12 minutes or until crisp-tender, turning occasionally.
3. Place vegetables on a large serving plate. Drizzle with remaining marinade. Enjoy!



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## DRESSING OF THE MONTH

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# Balsamic Vinaigrette

### Ingredients (serves 6)

- 1 tablespoon raw honey
- 1 tablespoon dijon mustard
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon black pepper, finely ground
- 1 large garlic clove, minced
- 1/4 cup balsamic vinegar
- 3/4 cup extra virgin olive oil

### Directions:

1. In a small mixing bowl, whisk together the honey, balsamic, mustard, salt, pepper and garlic.
2. Add the oil and whisk thoroughly to combine. Continue whisking until the dressing is fully emulsified.
3. Store in a jar with a lid and refrigerate. Shake well before serving. Enjoy!



### Note:

If you choose to make this in the blender it will make a thicker dressing.



# CREATE YOUR SHOPPING LIST

## Fruits & Vegetables


## Proteins & Fats (Meats, Eggs, Nuts & Seeds)


## Spices & Other Items
